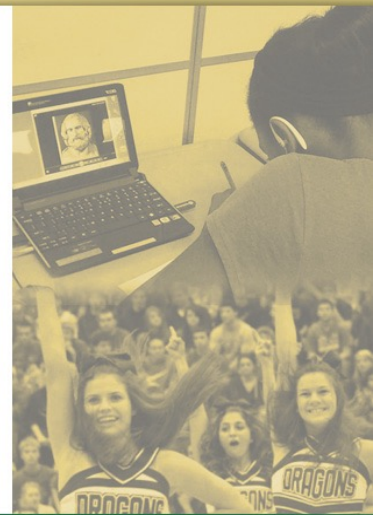




Lake  
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# Lake Orion Athletics

EDUCATING OUR STUDENTS FOR THE CHALLENGES OF TODAY AND TOMORROW







# Goal of Athletics

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When my child's high school athletic career is over, what are the skills, lessons, and experiences I want them to walk away with?

Working with a team, time management, communication skills, self confidence, handle adversity, work ethic, school pride, responsibility, leadership, motivation, healthy lifestyle and more!



# Big Picture: Student-Athlete Experience

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- Lake Orion Athletics should be a positive growth experience which coincides with their high school education.
- We will challenge them to put forth their best efforts
- To be a successful student-athlete: our athletes will develop transferrable life skills.
- Gives so many students a transferrable template for success





# Before we get started....did you know?

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Benefits of playing high school sports (research says)

- Better Academic Performance: Higher Grades
- Life Skills: Leadership, confidence, communication skills, self respect, etc.
- Improved fitness and health habits
- Lifelong friendships
- Connection to the school and community
- Connects them to adult mentors
- Participation in Athletics makes a positive difference in college attendance, college graduation, and future employability and income level.



# Lake Orion Athletics

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B/G Cross Country, Football, B/G Soccer, B/G Tennis, B/G Water Polo, B/G Golf, Sideline Cheer, Competitive Cheer, Dance, B/G Swimming and Diving, B/G Basketball, B/G Bowling, Hockey, B/G Powerlifting, Wrestling, B/G Alpine Skiing, Baseball, B/G Lacrosse, Softball, B/G Track and Field, B/G Mountain Biking

Over 100 Teams (high school and middle school)

Over 1500 student athletes

Over 250 coaches



# Contact Information

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Athletic Director: Chris Bell

Athletic Assistant: Sharon Rosen

Phone: 248-693-5458

Email: [Christopher.bell@lok12.org](mailto:Christopher.bell@lok12.org)

[Sharon.rosen@lok12.org](mailto:Sharon.rosen@lok12.org)

Website: [www.lakeorionschools.org](http://www.lakeorionschools.org)

Department Tab: Athletics

Twitter: @lohsathletics





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# Athlete Registration

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## Final Forms

Parent and athlete must create an account

Athletics Page: Student-Athlete Registration

Why?

Emergency contact information

100 plus teams, over 1,500 student athletes

Tracks MHSAA, LO School Requirements

Efficiency, does the job of multiple programs

<https://lakeorion-mi.finalforms.com>



# Final Forms Details

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- Physical Forms  
Form is printable and hard copy turn into Athletic office.
  - **In order to tryout: Physical must be turned in to athletic office and athlete must be registered on Final Forms.**
- Pay to Participate
  - Final Forms, Pay Schools
  - Pay to Participate Contract



# Athlete Requirements

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## Current Physical on File

- Dated on or after April 15, to be valid for the next school year

Must meet MHSAA Academic, Age, and Enrollment requirements: too many to name

- Academics: Full Course Load, Passed 6 of 8 classes from the previous semester (MHSAA Guidelines)

Pay to Participate (goes to LOCS general fund)

- \$335 per athlete per year. \$745 max family cap  
Free/Reduced rates apply. Contact Athletic Office



# In Season Athlete Requirements

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- **Goal:**

Be the best they can be: Field/Court, Classroom, Community, Home, Personal Lives – healthy life choices.

- **Academics:**

Must maintain a 2.0 GPA while in season

Weekly grade checks: if below a 2.0, ineligible the following week until the grades are above a 2.0.

- **Athletic Code:**

LOHS Student Handbook pages 25-34

Athletes expected to be Drug, Alcohol, Smoke/Vape free.





# LOHS Athletic Trainers

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Chelsea Hanning: 248-941-1936

- Beaumont Employee, Beaumont Contracted
- Serve All Athletes
- Will contact you if injuries occur
  - Doctors Note

Concussion Testing/Protocol

- Concussion Protocol
  - MHSAA Support-Insurance for Concussion Injuries
    - mhsaa.com
- Health & Safety



# Website/Schedule/Team Information

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[www.lakeorionschools.org](http://www.lakeorionschools.org)

## Athletics

- Select Team
  - Schedule for each level
  - Set Alerts to follow schedule changes



# Game/Ticket Information

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- \$5 Admission for School Age to Adult
- MHSAA Tournaments \$6
- 65 or older: Free Admission to LO events
- Econo Pass: May purchase at events:  
Punch Card: Pay for 8, get 10 (2 free)
- Student Athletic Pass  
\$50 payable at student registration



# LO Athletics Live Streamed

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## NFHS Network

- [www.nfhsnetwork.com](http://www.nfhsnetwork.com)
  - Search for Lake Orion High School
  - Monthly Fee
  - Events Covered: Football, Lacrosse, Soccer, Volleyball, Wrestling, Basketball, Competitive Cheer





# College Athletics

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- Athletic Ability, Physical Attributes, Academic Standing
- Recruiting: Family and Head Varsity Coach  
Athletic Office: Good resource  
Christy Bell: LO Counselor Contact for NCAA and NAIA
- Register for the NCAA Eligibility Center (end of sophomore year)  
<https://web3.ncaa.org/ecwr3/>
- Consequences of negative social media
- Academic Scholarships!!!!



# AD Expectations for Coaches

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- Provide a positive growth experience for all players
- Place for all, Coach them all
- Put forth a championship effort to maximize student talents so that teams may be successful
- Be Demanding and Have High Expectations
- Abide by MHSAA Rules and LOCS  
Expectations and conditions of employment



# Role of Parents






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- Might be toughest role we have:
  - Help enforce healthy habits: sleep, nutrition
  - Help enforce positive personal habits: social media, positive treatment of others. The Team, The Team, The Team
  - Stay positive: not everyday will be sunshine and ice cream
- This is your child's experience in which we are a part, not your experience. If you want your child to get the most out of their experience, let them own it.
- Our job as parents is to support them.
- Post Game: not the time for the parent review
- Positive Representative of Lake Orion
  - You're a part of our dragon family as well.
  - Officials, opponents, etc.



# 10 TIPS FOR SPORT PARENTS

**TOP 10 TIPS**

- #1** **FOCUS ON THE PROCESS NOT THE RESULT** 
- #2** **AVOID PRESSURING A CHILD ABOUT WINNING OR LOSING** 
- #3** **HELP YOUR CHILD TO SEPARATE SPORT FAILURE FROM PERSONAL FAILURE**
- #4** **GIVE YOUR CHILD FREEDOM TO PROBLEM SOLVE AND MAKE THEIR OWN DECISIONS**
- #5** **ENCOURAGE, ENCOURAGE, ENCOURAGE** 
- #6** **ALLOW YOUR CHILD TO PLAY FOR HIMSELF OR HERSELF**
- #7** **ENCOURAGE YOUR CHILD TO TAKE RESPONSIBILITY FOR THEIR DECISIONS** 
- #8** **WATCH WHAT YOU SAY TO YOUR CHILD** 
- #9** **RESPECT AND DO NOT INTERFERE WITH THE COACH** 
- #10** **DO NOT CONSTANTLY INSTRUCT DURING TRAINING AND GAMES**

 @BelievePHQ



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# Life of an Athlete

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- Student Athlete Perception
  - Best of times
  - Worst of times
- “Be thankful for challenging times. Only then do you get to see what you are made of.”

Dr. Lawrence Selaty – POW, Teacher, School Administrator, College Professor

- Most growth happens during challenging times
  - Playing time, role, etc.



# Communication Progression

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## Common Sense Approach

- Major Issues – Athletic Department (student safety concerns)
- Athlete Role Issues:
  - Coach – Athlete
  - Coach – Parent
  - Coach – parent – Athletic Director
- Playing Time is not a parent issue to be discussed. Coaches play the best players in the roles they see fit.
- 24-hour rule: Parents should wait 24 hours after a contest before asking to speak to a coach about a complaint. If it is about playing time, see bullet above.



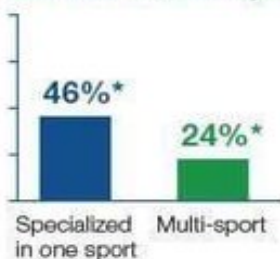
# Four Reasons Why Kids Should Play Multiple Sports

## 1. It's what top athletes do

**88%**

Division I NCAA athletes played multiple sports as kids

## 2. Fewer serious injuries



## 3. Fewer regrets

**43%**

NCAA players wish they'd spent more time in other sports growing up

## 4. Less burnout

Studies find that high specialization at a young age carries an increased risk of:

- Stress and anxiety
- Social isolation
- Burnout, and ultimately leaving the sport earlier



\*High school athletes reporting injury that cost them playing time



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# Lake Orion Dragons Athletics

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## Athletes/Teams

- Let's be the best we can be.
- Know there will be great victories, disappointing losses, great times and tough times. That is what makes it great, nothing is guaranteed.
- Let's have fun, play hard, and play the right way.
- Let's be role models, demonstrate sportsmanship and represent ourselves, our families, our teams and Lake Orion with class always!
- I as your AD am also one of your biggest fans and I hope for great success for all our teams and athletes!  
Go Dragons!







EDUCATING OUR STUDENTS FOR THE CHALLENGES OF TODAY AND TOMORROW



# Go Dragons!

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- Best of luck to all for a great spring sports season.
- We are here to support our teams and our student athletes.
- Please contact us if we can be of assistance.



**Go Green! Go White!**

